

**Side Dish**

---

# **Sweet Onion Pie**

Barbara Reese

Taste of Home Light & Tasty - April/May 2007

**Servings: 8**

**Preparation Time: 35 minutes**

**Bake Time: 20 minutes**

**2 sweet onions halved and sliced**

**1 tablespoon butter**

**1 9-inch unbaked pastry shell**

**1 cup egg substitute**

**1 cup fat-free evaporated milk**

**1 teaspoon salt**

**1/4 teaspoon pepper**

Preheat the oven to 450 degrees.

In a large nonstick skillet, cook the onions in butter over medium-low heat for 30 minutes or until very tender.

Line the unpricked pastry shell with a double thickness of heavy-duty foil.

Bake for 6 minutes.

Remove the foil. Cool on a wire rack.

Reduce the oven temperature to 425 degrees.

Spoon the onions into the pastry shell.

In a small bowl, whisk the egg substitute, milk, salt and pepper. Pour over the onions.

Bake for 20 to 25 minutes or until a knife inserted near the center comes out clean.

Let stand for 5 to 10 minutes before serving.

---

Per Serving (excluding unknown items): 86 Calories; 5g Fat (51.0% calories from fat); 6g Protein; 5g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 378mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat.